It’s that time of year!

Echo Lake Snowshoe/Hike
Carolining & Hot Chocolate

Monday, December 13
Moderate A

Join us as we wander up Resthouse Meadows trail from Echo Lakes Pavilion about 2.1 miles (round trip 4.2 miles) and 700 feet elevation gain. After returning downhill to the Pavilion where we sip hot chocolate that Frank Burzynski heats up on his camp stove while his wife Cathy helps us start on key our Christmas carols.

Happy Hour – The Golden Mill

Tuesday, January 11 – 4 to 6 pm
Sign up by January 9

First Happy Hour of 2022!

We will be meeting at The Golden Mill (www.thegoldenmill.com) at 1012 Ford Street, Golden, CO at 4 to 6 pm. When you arrive, you will check in with The Golden Mill reception and will be given your “card” which is “your tab” to pay for the 50+ “self-pour” wall which includes home-brews, wines, and house made cocktails. There are five food venues – Mexican, Sushi, BBQ, Chicken, and Ice Cream. There is plenty of room for indoor or outdoor (if weather cooperates) seating. Let’s meet up with old friends and make new friends!

For more information, please contact Judy Barday, Chair, at jebarday@msn.com.


Spark The Change Harvest Pack Event

December 14
Join us!

789 Sherman Street in Denver.

Sign up on the "Events" calendar on the CMC website.
On November 9, there were 20 RMOTHG members who met at Spark the Change nonprofit in Denver. For two hours, with direction from Mike O’Connor who helps run Spark the Change, our RMOTHG members packed approximately 1760 oatmeal packets with 8 meals per packet. Always a part of any RMOTHG gathering, a “bit” of conversation occurred as well and three new RMOTHG members were warmly welcomed at the event. After the packing and celebrating our accomplishment, we walked to Carboy Winery to enjoy the Happy Hour there. Check out the photos from the event.

Another Spark the Change event is scheduled for December 14, again at 789 Sherman Street in Denver. Sign up on the “Events” calendar on the CMC website.

A big thank you to the following members for their participation: Nancy Blaylock, Pam Brennan, Martha Delporte, Mindy Densmore, Lou Ann Dixon, Lue Fratantuono, Janice Johnson, Marty Klein, Scott Kramer, Mark Melberg, Kathy Malone, Mike O’Connor, Donna Peterson, Todd Poulson, Ida Sansoucy, Barb Schwarz, Elaine Shirley, Freda Staton, Jill Taylor, Carol Wier.
After a great autumn of hiking and biking, December always seems to sneak up on me. Good grief - Christmas is just around the corner. Like how can this be such a surprise? If you are anything like me, Thanksgiving is my wakeup call for Christmas shopping. But don’t panic, CMC store has your back. Check out the merchandise, and as a member, you get a 20% discount.

There are great books – like Colorado Waterfall Hikes, and Wild Eats – Campsite Cooking. Consider such fun stocking stuffers as a neck gaiter or a pair of merino wool hiking socks. There is a selection of hats, shirts, hoodies and for that someone special, a Colorado State Park Pass! Free shipping on orders greater than $75. Order by Dec. 10 for delivery before Christmas.

We thank Kirsten Tollefson for her time and efforts in representing the OTHG at the Denver Group Council. She has recently agreed to co-chair the DGC with Cindy Lehr. Kirsten has handed the baton to Jim Guerra as the Denver Group Council Liaison to our section. Welcome Jim!

If you haven’t read it yet, check out the CMC’s Executive Director, Keegan Young’s recent update of 11/19/21. He commented on several exciting developments within the CMC. Among them is an update on the new website which seems like a reality in early 2022. It promises to provide easier site navigation and user-friendly event registration. Hurrah! Watch for Project Olympus in the new year to follow the progress of installing this website.

Other events to anticipate are two film festivals. The CMC will host the Banff Film Festival at the Paramount Theatre March 3-5, 2022. Ticketing is handled by the venue. The other is the Backcountry Film Festival which will show the CMC Snow Rangers short film. Screening dates and details to be announced.

Hopefully by the time you read this, the snowpack has developed in the high country to support our snowshoeing and skiing adventures. In any event, watch the calendar for continued winter hiking opportunities to keep fit and engaged in delightful activities.

May you and your families have a happy and healthy Holiday season. And as Keegan Young encouraged us, “be brave but be smart in wild places.”

Warm Regards

Carol Wier
Enjoy Another Frank Burzynski Slideshow!

Frank Burzynski has put together another slideshow of his best photos from 2021 for our members' viewing pleasure. Might give you some ideas for new hikes to try out next year!

Click here:

https://fburzynski.zenfolio.com/2021_best/slideshow

We are always open to suggestions and ideas. Please forward to Ronnie Knueven at knuevenru@comcast.net
If you are new to the CMC or just need a reminder, here are the official CMC guidelines regarding Hike and Snowshoe classifications. All of our trips include this information in the description so please make sure you are choosing an appropriate trip for your level of fitness/experience. For additional classifications, you can access the CMC web page by clicking here: Trip Classifications.

**Hike Classifications**
- **Class A:** Up to 8 miles round trip or up to 1200 ft. elevation gain. (Prior hiking experience is usually not necessary.)
- **Class B:** Up to 12 miles round trip or up to 2500 ft. elevation gain. (Moderate to strenuous physical activity. Some prior experience is beneficial.)
- **Class C:** Up to 15 miles round trip or up to 3500 ft. elevation gain. (Strenuous to very strenuous physical activity. Prior experience and training is beneficial.)

*Within each of the above letter classifications, hikes may also be described subjectively as Easy, Moderate, and Difficult in comparison to other trips of the same classification. Thus, a Difficult B hike is harder than an Easy B hike, but easier than a Moderate C hike.*

**Snowshoe Trip Classifications**
- **Easy:** Up to 5 miles round trip and 600 ft. elevation gain.
- **Moderate:** Up to 8 miles round trip and 1200 ft. elevation gain.
- **Difficult:** Over 8 miles round trip or 1200 ft. elevation gain.
Q: As a group that promotes camaraderie along with outdoor activities and adventure, what is appropriate when it comes to conversation on the trail?

A: Over the past few months I've heard from several members who are concerned about the excessive amount of conversation on the trail as well as the content of some conversations.

Let's start with content. A long-time member and frequent hiker shared her philosophy on this topic: no politics, no religion and no sexism. Consider asking about or sharing stories about travel, what brought you to Colorado, your family, your career, favorite restaurants, volunteer work, favorite hikes, wildlife sightings .... the list of positive topics that help us get to know each other is endless. Avoiding topics that may create tension helps ensure that conversations promote camaraderie and create a welcoming environment for all participants.

So how much talking is too much talking? This piece of advice comes from a long-time leader and instructor: take time on every hike to listen to and be present in nature. Some leaders incorporate this philosophy into their hikes by asking all participants to hike in silence for a period of time. But even if the leader doesn't request this, be considerate of those around you. Have you been talking nonstop, making it difficult for others (and yourself) to hear the early morning bird song or the breeze whistling through the trees? Take a personal silence break now and then -- it might be the best part of your hike.
If you haven’t looked at the CMC calendar recently, you’ve missed the postings for Octogenarian hikes the past two months. Octo hikes were originated by John Walters and Linda Lawson as a CMC special series to offer Octogenarians weekly hikes that are less difficult, at a slower pace, and with more frequent stops than the typical CMC Easy A hikes. These hikes average around 5 miles and 500’ elevation gain.

In addition to a slower pace and more frequent stops, Octo hikes have trip leaders who carry a satellite communicator, there is always a co-leader to back up the primary leader in case a medical emergency is encountered on the trail, and the hikes include after-hike social lunches to renew old acquaintances and make new friends. The hikes are activated on the CMC calendar approximately 10 days before the 1st of the month. You can also contact John at john14er@gmail.com if you would like an email reminder when the hikes are activated.

Currently, the following hikes are posted for December:

December 3 - Dawson Butte Ranch
December 10 - Elk Meadow Park Loop

John and Linda are hoping to start up again in mid-spring with Octo hikes in the lowlands. If some new leaders come available before then (possibly you?) the hikes could continue through the winter.

If you are interested in leading an Octo hike, contact John at john14er@gmail.com.
December finally arrives with or without snow but our snowshoes are ready! So are our spikes! We haven’t needed either on hikes this beautiful autumn November when our “Official RMOTHG Snowshoe Season” started, but maybe December will bring us snow. So if you’re not already on the snowshoe/winter hike list and want to be, now’s the time to email Jeff.Flax@gmail.com. Let him know you want to receive our weekly emails announcing snowshoe/winter hike trips the following week.

Look for Thursday evening previews and Friday, 5 p.m. official emails announcing the next week’s trips. Jeff sends out emails for Other Day Trips, too, so watch for those, as well. Read those trip descriptions, find the trip right for you, and sign up! Snowshoeing with RMOTHG is a fun, supportive way to participate in a healthy, winter sport. You’ll laugh lots with others when you fall in a deep fluff and we help you get up and out! Remember: If you can walk, you can snowshoe. Shoeing/winter hiking with us is a positive, enjoyable, and lively way to start a new winter sport.

We look forward to having you join us for winter trips in our beautiful Colorado Outdoors!

Elaine Kallos
A few miles from the trailhead, “Sally” trips and suffers what may be a twisted ankle. As the weather appears threatening, her hiking partner “Bob” suggests she just walk it off. Sally attempts to walk a few steps to no avail. What would you do?

The Backcountry Incident Management School’s continuing education program will facilitate an evening clinic intended to demonstrate, and have attendees practice, the identification and treatment of a suspected lower leg injury.

The clinic will address:
1) Attempts to identify the nature of the injury
2) Taping a bare ankle to provide support for a walk-out
3) Taping over the boot for a bad weather walk-out
4) Monitoring the CSM’s (circulation, sensation, movement)

If you would like to be more reliant and self-sufficient in the backcountry, and perhaps even be able to help others, enrolling in this clinic may be your next good decision.

Enrollment will give priority to CMC trip leaders and instructors, although the session is open to all. Once enrolled you will be provided with a list of your own personal hiking equipment items necessary for the class, a shorter list of materials to purchase, and a few YouTube videos to get you up to speed.

**Proof of vaccination or recent negative Covid test will be required.**

**The class will be held on December 14, from 6pm – 9pm, at the AMC building in Golden.**

If interested, please email Rich.McAdams@hotmail.com (indicate if you are a CMC trip leader or CMC instructor). Eligible individuals will be provided a password that will allow you to enroll through the CMC website and pay your $10 tuition fee.
## ROCKY MOUNTAIN OVER THE HILL GANG
A Section of the Colorado Mountain Club Denver Group

### RMOTHG SECTION BOARD

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<tr>
<td>Section Chair</td>
<td>Carol Wier</td>
<td><a href="mailto:carolwier365@gmail.com">carolwier365@gmail.com</a></td>
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<tr>
<td>Section Vice Chair</td>
<td>Mike O’Connor</td>
<td><a href="mailto:mkeoc111@gmail.com">mkeoc111@gmail.com</a></td>
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<tr>
<td>Secretary &amp; Emergency Contact</td>
<td>Ronnie Knueven</td>
<td><a href="mailto:knuevenru@comcast.net">knuevenru@comcast.net</a></td>
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<tr>
<td>Treasurer</td>
<td>Scott Kramer</td>
<td><a href="mailto:skramer1016@gmail.com">skramer1016@gmail.com</a></td>
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<tr>
<td>Communication Director</td>
<td>Janice Johnson</td>
<td><a href="mailto:jajohnson1952@gmail.com">jajohnson1952@gmail.com</a></td>
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<tr>
<td>Membership</td>
<td>Susanne Spandau</td>
<td><a href="mailto:sespandau@gmail.com">sespandau@gmail.com</a></td>
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<tr>
<td>Members at large</td>
<td>Dennis Baumfalk</td>
<td><a href="mailto:dbaumfalk@msn.com">dbaumfalk@msn.com</a></td>
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<td>Bob Barday</td>
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<td>Laurine Rowe</td>
<td><a href="mailto:laurinerowe@msn.com">laurinerowe@msn.com</a></td>
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<td>CMC Denver Council Liaison</td>
<td>Jim Guerra</td>
<td><a href="mailto:joquerra77062@gmail.com">joquerra77062@gmail.com</a></td>
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### ACTIVITY COORDINATORS

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If a fellow RMOTHG member has a serious illness, injury, or has passed away, please contact our RMOTHG secretary to send a friendly note to that member/member’s family.

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